



BSI Football

U23

Academy



Balderstone
Sports Institute

Train
Beyond



BSI Football U23 Academy

Program Overview

The BSI Football U23 Academy provides the opportunity for players in South Africa to experience a professional training environment, which is modelled on the leading football academies in Europe.

The program offers top class football training and athletic development, with the goal of developing well-rounded young people for success in life and on the football pitch.

All of this is presented in a structured and disciplined environment, allowing the students to flourish to their potential if they are prepared to put in the hard work necessary for success.

Training is conducted at the BSI Football training facility at Jeppe Quondam Sports Club.

The football program is designed and managed by our **Technical Director Zeca Marques**. Zeca is a **UEFA Pro Licensed Coach**, and has extensive experience and success of coaching at professional and youth level.





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About BSI

The **Balderstone Sports Institute (BSI)** is a multi-sport training and education institution. It provides a wonderful opportunity for student athletes who are serious about the advancement of their sports careers, whilst at the same time maintaining a high quality education. BSI has been training champions and changing lives since 2004 and our approach to sport training and education follows best practice for high performance from around the world.

Our Purpose

To provide an environment of excellence that encourages the development of each and every student to his or her full potential, in sports performance, education, personal development and in preparation for life.

To be a hotbed of talent development. To train and produce champions. To develop leaders and positive contributors to society.

Our Values

- ✓ **Commitment**
- ✓ **Excellence**
- ✓ **Continual Growth**
- ✓ **Positive Energy**
- ✓ **Family**





Football Program

The program focuses on improving skills and football intelligence, covering physical and psychological aspects through a balanced conditioning program that leaves the student fully prepared for the modern game. The program includes;

Technical

Through high-intensity drills and game-based training the players develop technical skills such as ball control, dribbling, shooting, heading, passing, free kicks, and defending techniques like tackling.



Tactical

Our tactical training develops football intelligence and understanding of football principles, tactical speed, tactical formations, as well as player functions and roles.

Fitness: Psychomotor and Athletic Skills

Our sports science team provides football-focused strength and conditioning training to build coordination, agility, speed, aerobic power, balance, explosive power and flexibility, as well as injury prevention.





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Psychological

We aim to build mentally strong players by working through mental preparation, psychological factors that influence performance, dealing with pressure and much more.

Attitude

We believe attitude can be trained through education and exposure to the right environment. Students must realise that the most successful football players have strong daily work ethics, are continuously striving to improve, and have a 'team first' attitude.

Sports Science Testing

Players undergo state-of-the-art sports science testing procedures, with one of South Africa's leading football medical experts Zac van Heerden and his team of specialists. This is done before we embark on any training, to assess injuries risks and guide the physical development plan for each individual.

Our sports science team conducts regular height measurements to monitor growth spurts, which is essential for guiding players through the youth development phase.



Playing Opportunities

From 2020 BSI will have age group teams competing in the local club and academy leagues on weekends. BSI Football Academy players are allowed to compete for other teams/academies if they so choose.

Career Pathways

One of BSI's major philosophies is to create multiple career pathways for each of our players. Through our extensive global network and connections, BSI Football Academy students have many career pathways open to them, including;

- ✓ European football clubs
- ✓ Football clubs in SA, USA, China or Middle East
- ✓ College in USA
- ✓ SA University
- ✓ Sports Business Administration (BSI College Program)
- ✓ Football coaching career



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Additional Learning

- Guest speaker sessions with former professional footballers and coaches
- Traditional media and social media training
- Life skills

Technical Director – Zeca Marques

Zeca is a UEFA Pro Licensed Coach, which is the highest football coaching qualification available worldwide. He regularly returns to Europe for learning and interacting with leading coaches.

Zeca's professional coaching career took him around the South African Premier Soccer League (PSL), including coaching positions at;

- ✓ Bidvest Wits
- ✓ Black Leopards
- ✓ Santos
- ✓ Moroka Swallows

It was at Moroka Swallows as manager that Zeca led them to victory in the MTN 8 Cup. Zeca is also a regular analyst on Supersport.



Zeca has now turned his attention to developing the next generation of talent to their full potential through the BSI Football Academy. He oversees a team of highly skilled and qualified coaches and experts who train and mentor the players.

Fee Structure

U23 Academy Program - 2020

Includes;
Intensive Football Training, Strength & Conditioning Training, Sports Science Testing, Tactical Training, Nutrition Advice, Life Skills, Media Training, Competitive Matches, Membership of BSI FC, Membership of Jeppe Quondam Sports Club, Gym Membership.

Excludes;
Sports Kit, Accommodation, Transport & Meals.

R35, 000 / Full Academy Year
or
R12, 000 / 12 Weeks



Payment Policy and Options:

Full Year Program

- Total fees of **R35, 000** is payable to BSI for 2020 academy year.
- A non-refundable of R8, 000 initial payment secures place, which will be deducted off 2020 total fees,
- **Upfront payment:** Pay full fees **on or before 10 January 2020** for 5% discounted price of **R33, 250 (R8, 000 initial payment plus balance of R25, 250)**. Discounted price is **not** applicable on credit card payments.
- **Payment Plan:** Full fee of R35, 000 for 2020 academy year. Initial payment (non-refundable) of R8, 000 secures place. 25% payment of R6, 750 due & payable **on or before 10 January 2020**. Balance payable via monthly debit order over 10 months from 01 February 2020 to 01 November 2020 at **R2, 025 per month (Valid for South African bank accounts ONLY)**.
- Please note an additional non-refundable international student levy of R2, 500 is payable by all international students in their 1st year only (payable to BSI).
- Please note international students are required to make upfront payments before 10 January 2020 and receive 5% discount off total fees. International students can only make use of monthly debit order option if you can provide BSI with a valid South African bank account before 01 January 2020.

12-Week Program

- Fee of **R12, 000** is payable upfront.
- Please note an additional non-refundable international student levy of R2, 500 is payable by all international students in their 1st year only (payable to BSI).

Please provide BSI with the following information in writing via e-mail to info@bsisports.com on or before 31 October 2019:

- Your preferred payment option (Upfront payment or Monthly payment option);
- A **Debit Order Authority Form** to be completed, signed and e-mailed to info@bsisports.com by 31 October 2019 if monthly payment option is chosen;
- If BSI doesn't receive your chosen payment option by 31 October 2019, the Upfront Payment Option (default payment option) will be applicable to your account.